

Accessing Adult Mental Health Services in Leeds - A Quick Reference Guide for GPs

PRESENTING SYMPTOMS	Low Level Emotional or Social Support needs (isolation, housing, financial issues, employment problems)	Mild/Moderate symptoms of anxiety or depression panic disorder, OCD Able to self-refer for therapies &/or online resources	Moderate, severe anxiety & depression emotional turmoil grief, stress	Moderate-Severe depression, multiple traumas, deteriorating SMI, poor engagement with services (i.e., the 'revolving door' patient)	Severe cognitive, & emotional problems relating to a mental health diagnosis warranting psychiatric assessment or deterioration of a known severe mental health illness	Acute mental health problems with immediate risk to self or others
WHO CAN HELP	Social Prescribers e.g. Patient Ambassadors, Linking Leeds* <i>Remote appts or Self Ref or PCN Hubs</i>	Mindwell Home - MindWell (mindwell-leeds.org.uk) or direct to LMWS https://www.leedscommunityhealthcare.nhs.uk/our-services-a-z/leeds-mental-wellbeing-service/home/ <i>If unable to self refer, consider Healthy Minds or seek guidance from PCMH</i>	Healthy Minds <i>Book through remote appts or on Extended Access Platform</i>	Primary Care Mental Health Teams (PCMH) <i>Task/Refer inside Clinical Systems</i>	Community Mental Health Team (CMHT) <i>Referral Form in Clinical systems to SPA</i>	CRISIS LYPFT SPA <i>0800 1831485- speak to clinician or call police if risk imminent</i>
WHAT TO EXPECT	Assessment Signposting Goal setting Coaching Liaising with GP/other services	Self Help Resources Useful Courses Self-Referral Pathways into Therapies, Groups etc Peer Support etc	One contact but can be more if needed Helpful conversations Triage into PCMH or talking therapies	Assessment Decision support to professionals Short term interventions Safety planning	Psychiatric Assessment Prescribing Longer term interventions Care coordination	Assessment within 72hrs (can be same day if emergency assessment appropriate)